

They may be more of a **NUISANCE** THAN YOU IMAGINE.

900 eggs 

An adult fly can lay up to 900 eggs in organic waste, faeces or exposed foods

 **Trash**

The contents of your trash bin can reach 30°C - the perfect feeding condition for maggots

48 hours 

Maggot hatch after 48 hours depending on temperature and feed on the organic matter in which they find themselves

 **1cm**

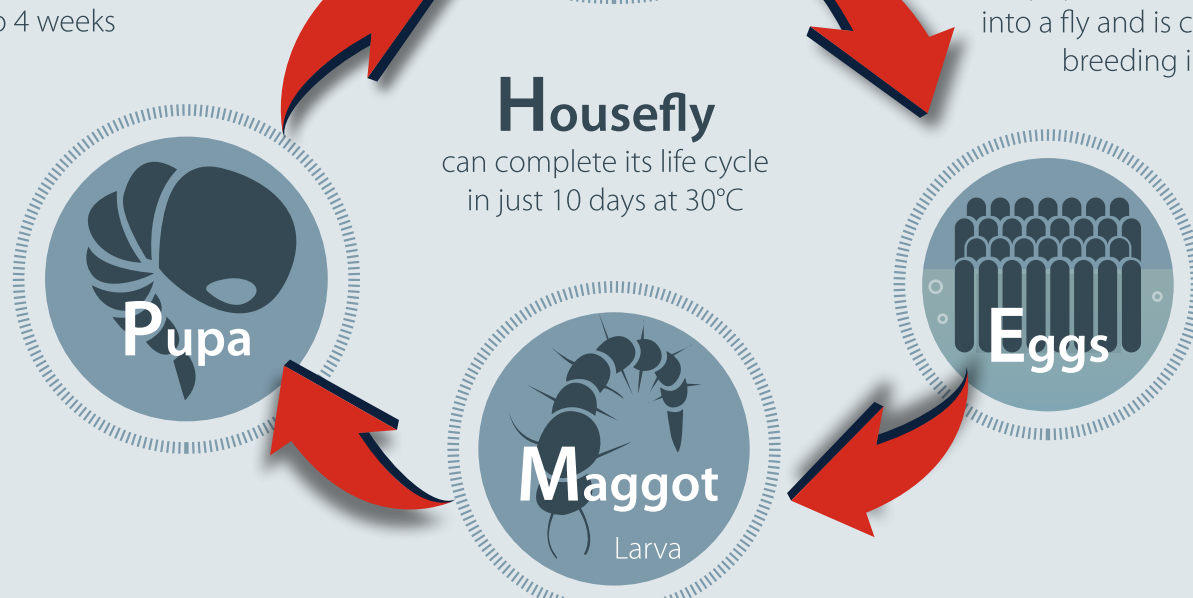
Growing to 1cm long they then migrate to a drier position just below the surface of its breeding ground where they pupate

4 weeks 

An adult fly can live for 3 to 4 weeks

 **10 days**

The pupa metamorphoses into a fly and is capable of breeding in 10 days



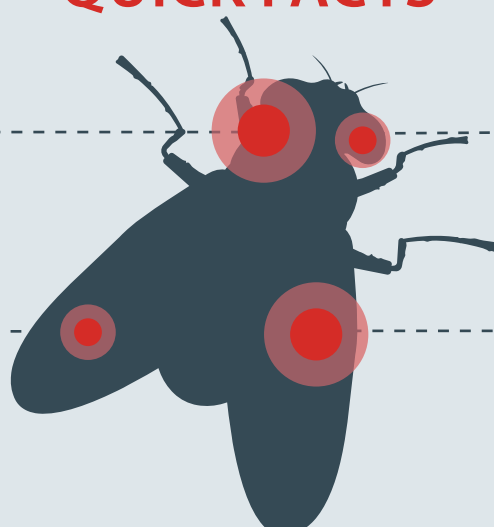
QUICK FACTS

VISION
Compound eyes that are sensitive to changing light patterns

PLAY TIME
Active during the day and rest at night

FAVORITE WEATHER
Warm and moist

SPEED
Average of 5 miles per hour



KEEP FLIES AWAY
by depriving them of their meals

- Human food
- Garbage
- Excrement
- Ripe fruits and vegetables
- Fermenting products
- Fungal & decaying matter



BEWARE
of the harmful diseases flies spread

- E. Coli
- Tuberculosis
- Salmonella
- Parasitic worms
- Typhoid
- Ophthalmia
- Dysentery



DID YOU KNOW?

Flies can turn solid food into liquid by spitting or vomiting on it, hence increasing food contamination risks!

WIN THE BATTLE AGAINST FLIES!

Reduce their long lifespan
(ranging between 30 and 60 days)



GOOD HOUSEKEEPING

- Discard and dispose waste diligently
- Quality sanitation and housekeeping
- Keep area clean and odour free (as odour attract flies)



FOOD PREPARATION

- Store food in air-tight containers
- Clear food and liquid spillages immediately
- Avoid consuming food that has been left in the open which may lead to food poisoning



PEST PREVENTION

- Ensure rubbish bins have tightly sealed lids
- Fit fly screens to windows, especially around kitchen and waste areas
- Install an Insect Light Trap for wide coverage and effective catch rate



REMEMBER!

Flies rely on their sense of smell to source for food.

References

<http://www.healthype.com/house-fly-diseases-types-spread-and-prevention.html>
<http://www.nea.gov.sg/public-health/food-hygiene/info-on-fsms>
<http://www.rentokil.co.uk/blog/flies-infographic/#.VDY8QrJ973g>